

Integrating Systems of Care for Children & Youth



Wednesday, October 17, 2012

The National Conference Center
Holiday Inn
399 Monmouth Street
East Windsor, NJ 08520
www.NCCMeetings.com
Phone 609-443-8000



The New Jersey Department of Children and Families, Children's System of Care is pleased to present our fourth Statewide Conference. The goal of the conference is to enhance professional knowledge and collaborative partnerships to improve the effectiveness of our Children's System of Care. This encompasses our desire to nurture working relationships among families and professionals, and support youth with behavioral and emotional challenges and/or developmental disabilities by providing a forum to learn about and discuss current trends in serving these children and adolescents and their families. This is a unique opportunity for youth, families, and practitioners to network and better understand the roles of the various disciplines in the NJ Children's System of Care. The conference includes a plenary session and workshops designed to enhance professional development and to further the goals of the NJ Children's System of Care. The target audience for the conference includes social workers, certified counselors, and others who support children, youth and families.



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Program Schedule

Morning Program

8:15 – 9:00am Registration & Continental Breakfast

9:00 – 9:30am . . Welcome / Opening Remarks

Jeffrey Guenzel

DCF Deputy Commissioner for Programs & Services

Elizabeth Manley

DCF Division Director, Children's System of Care

9:30 – 10:45am Keynote

Dr. David Osher

Beyond Parallel Play:

Building a youth and family-driven system of care that meets the needs of children and youth with cognitive and/or behavioral challenges

10:45 – 11:00am Break

11:00am–12:30pm . . . Morning Workshops

Afternoon Program

12:30 – 2:00pm Seated Lunch & Networking

2:00-3:30pm Afternoon Workshops

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Welcome & Opening Remarks

Jeffrey Guenzel, LPC is DCF Deputy Commissioner for Programs & Services. He previously served for two years as Director of DCF's Division of Child Behavioral Health Services, and for six years as Executive Director of the Partnership for Children of Essex, the first Unified Care Management Organization in the state. He is an experienced individual, group and family therapist who has worked in both private practice and in clinical and supervisory positions at University Behavioral Healthcare in Newark.

Elizabeth Manley, LSW is DCF Division Director, Children's System of Care. She has over 25 years experience serving children, youth and families with mental and behavioral health challenges, having most recently served for seven years as Chief Executive Officer at Caring Partners of Morris/Sussex, Inc. She has served on many committees and councils, often as the chair, including most recently as president of the NJ System of Care Association.

Keynote Address

David Osher, PhD is managing research scientist at the American Institutes for Research, where his work focuses on knowledge use, prevention, and school/community-wide interventions for individuals with mental health problems and disorders and their families. His particular interests include collaboration, organizational change, family-driven services, and diversity.

Dr. Osher has nearly three decades of experience in examining and crafting effective prevention and treatment approaches. He directs the Center for Effective Collaboration and Practice, which facilitates federal, state, and local collaboration and undertakes research, synthesis, and communication activities to improve practices for children with emotional and behavioral problems. He has consulted with state and local agencies across the nation and with many agencies within the U.S. Departments of Education, Health and Human Services, and Justice.

Dr. Osher has authored or co-authored more than 225 books, monographs, chapters, articles, and reports and serves on many national advisory boards. His recent publications include *Schools as Part of Systems of Care: Promising Practices in Children's Mental Health*; *Early Warning, Timely Responses: A Guide to Safe Schools*; *Safeguarding Our Children: An Action Guide*; *Working with and Teaching Students Who Have Emotional and Behavioral Challenges*; and *Wraparound: Stories From the Field*. With his colleagues, he is currently completing A Resource Kit to Safe Schools; a study of individualized and coordinated services within systems of care, and briefs for family members on research-based interventions. Dr. Osher, who was dean of a liberal arts college and of two professional schools of human services, has taught at the City University of New York, Franconia College, New Hampshire College, Springfield College, and the University of Maryland. Dr. Osher received his PhD, MPhil, AM, and AB from Columbia University.

The objectives of Dr. Osher's keynote address are to 1) Identify six common needs of children & youth with mental health needs, substance abuse disorders, and intellectual disabilities, 2) Discuss potential benefits & challenges of integrating systems of care for these children & youth, and 3) Describe systemic & organizational cultures that support effective service integration and youth & family voice.

Morning Workshops

11:00am

Until

12:30pm

1 Pediatric Neuropsychology for Children with Developmental Disabilities: Assessment & Remediation *Carol A. Friedman, PhD, Consulting Neuropsychologist, Office of Child and Family Health, NJDCF and Audrey Hepburn Children's House at Hackensack University Medical Center, and Clinical Assistant Professor of Pediatrics, UMDNJ New Jersey Medical School*

What are the purpose and implications of pediatric neuropsychological evaluations for children with developmental disabilities? Pediatric neuropsychology focuses on learning and behavior in relationship to a child's brain functioning and development. Learn how evaluations can support a child in meeting his or her full potential by exploring and understanding areas of strength and weakness, and informing planning for education and intervention. **Participants will be able to:** (1) Define neuropsychology, 2) Discuss how a neuropsychological evaluation may be useful in understanding cognitive and emotional functioning in children in general, and more specifically in children with disabilities.

2 Mom2Mom: Resiliency Shared *Cherie Castellano, MA, LPC, CSW, AAETS, Founder & Director, UMDNJ-University Behavioral HealthCare MOM2MOM Helpline*

Mom2Mom Peer Support program data reflects the experiences of mothers of special needs children throughout New Jersey. Learn about using the "Reciprocal Peer Support" model to encourage collaboration and resilience building.

3 Autism and Anxiety: From Stress to Success *NJ Youth Advocate Program: Heather Altman, MA, LPC, Clinical Supervisor, has 10+ years working with military families, returning veterans, children and families on issues such as TBI, PTSD, & ASD; Calicia Bryan, MEd, has worked with YAP since 2006 providing community-based and educational support to youth and families and supervising a team of direct service workers.*

Most people on the autism spectrum experience a high degree of chronic anxiety, often closely associated with sensorimotor challenges. Identify productive approaches to anxiety that build resilience through both understanding the neurological basis of the experiences and exploring socially valued activities that respect and use the positive aspects of vigilant behavior to achieve desired goals. **Participants will be able to:** (1) Describe practical strategies to reduce the impact of environmental factors that can trigger and exacerbate anxiety, 2) Discuss supports and strategies that can help people on the autism spectrum become more self-aware and resilient in the face of anxiety.

4 Developing Trauma-Informed Professionals *Institute for Family Professionals (IFP): Diane Wagenhals, MEd, Program Director, is a family therapist, founder of a parenting education company, and a Fellow of the Child Trauma Academy who designs and delivers curricula on various aspects of trauma; Suzanne Spanton, Certified Trainer, has 17+ years as a teacher, training specialist, program director and coordinator.*

Understand in-depth, trauma informed standards and principles for professionals who work with children and/or families through discussion of well-researched information, interactive exercises and discussions about best practices specific to trauma awareness and trauma sensitive knowledge and skills. **Participants will be able to:** (1) Identify three aspects of trauma-informed professional cultures, 2) Describe the impact of trauma on individuals, families, and behaviors of children and systems, 3) Identify four signs of secondary traumatic response when working with traumatized clients.

----- Please see next page for additional morning workshops -----

Morning Workshops

(continued from previous page)

11:00am

until

12:30pm

5 Using Evidence-Based Structured Therapeutic Games to Help Culturally Diverse Families Heal from Child Sexual Abuse *Metropolitan Regional Diagnostic and Treatment Center: Craig Springer, PhD, Senior Psychologist, founder and clinical supervisor of the Game-Based Cognitive-Behavioral individual and group therapy programs; Justin Misurell, PhD, Psychologist, co-designer and developer of Game-Based Cognitive-Behavioral Therapy.*

Through experiential exercises and demonstrations, learn how to use structured therapeutic games to enhance culturally-competent psychotherapy practice with survivors of child sexual abuse. **Participants will be able to:** (1) Describe the theory/rationale for providing Game-Based Cognitive Behavioral Treatment (GB-CBT) for child sexual abuse (CSA), 2) Evaluate initial outcomes associated with GB-CBT for CSA, 3) Identify cultural considerations critical to overcoming clinical challenges involved in recruitment, retention, attendance, screening, and provision of services.

6 Creating Agreement: Effective Strategies to Prevent & Resolve Disputes in Multiple Systems *Carolyn Hayer, Statewide Parent Advocacy Network (SPAN), Director of Parent and Professional Development, and Co-Director of the Parent Training and Information Center (PTI), has served as President of a Board of Education and multiple advisory boards where she has practiced "Creating Agreement" skills.*

Learn and practice effective strategies to prevent and resolve disputes among parents and professionals from diverse cultural backgrounds in multiple systems. Leave with tools and resources developed by national dispute resolution experts, technical assistance providers, and the Creating Agreement Workgroup representing agency administrators, educators, service providers, disability advocates, and families. **Participants will be able to:** (1) Identify how their own conflict styles impact collaboration around issues impacting children, 2) Describe effective research-based approaches to prevent and resolve disputes/create agreement based on underlying interests rather than potentially divisive "positions," 3) Apply active listening skills, an understanding of their own conflict styles, positions vs. interests, and "cultural reciprocity" to address conflict scenarios.

7 Surviving Parental Addiction / Alcoholism *Ana Guerra, LCSW, LPC, LCADC, CCS, has clinical experience spanning levels of care from Residential to Outpatient, and is an approved instructor for CADC courses.*

Understand the characteristics of children of addicted parents, the roles they assume, and ineffective coping skills they utilize. Learn how to empower such children through age-appropriate information about the disease of addiction, skill building and developing healthy relationships. **Participants will be able to:** (1) Identify residual effects of growing up in an alcoholic or addicted environment, 2) Develop concrete strategies for working with clients with special needs, 3) Discuss the link between cultural disparities and mental health.

Afternoon Workshops

2:00pm
until
3:30pm

8 Undoing Racism: An Introduction *Christiana Best-Cummings, LMSW, PhD, Senior Advisor, NYS Administration for Children Services has 25+ years in public and private child welfare and is co-chair of the Disproportionality in Child Welfare subcommittee of the NYC Social Work Consortium and a member of the ACS Task Force on Racial Equity and Cultural Diversity; Jordan Margolis, LCSW, Mental Health Consultant, Jewish Board of Family and Community Services, NYC, works to develop leadership among fellow white organizers and stakeholders to end disproportionality in child welfare, and is helping to build an antiracist network in Queens.* Experience a preliminary taste of the landmark two-and-a-half day “Undoing Racism and Community Organizing Workshop” offered by The People’s Institute for Survival and Beyond (PISAB). Learn what disproportionality is and means, and begin to understand how systemic racism profoundly impacts every aspect of the lives of children and families of color, as well as everyone in our society, including white people. **Participants will be able to:** (1) Identify disproportionate and disparate outcomes for children and youth of color in NJ and nationally, 2) Describe culturally competent practice including an analysis of power and oppression in the lives of the people they serve.

9 The Use of Trauma Focused - Cognitive Behavioral Therapy in the Treatment of Child Sex Abuse Victims *Catholic Charities, Monmouth Counseling Family Growth Program: Jane Meyer, LPC, Director, and Chair, Monmouth County Prosecutor’s Office MDT/CAC Advisory Board, has 30+ in mental health counseling and directed the Monmouth County Youth Case Management Program from 2003 to 2009; Barbara McDermott, LPC, has 22+ years as a therapist working with victims of sexual abuse and their families; Jay McKeon, LAC, Clinician; with Cynthia Westdendorf, LPC, DRCC, ATR-BC, Program Coordinator, Amanda’s Easel Creative Arts Therapy Program, 180 Turning Lives Around who has 28+ years as a registered and board certified art therapist.*

Learn how Trauma Focused – Cognitive Behavioral Therapy is being implemented with child victims of abuse, including recognizing trauma symptoms, screening and assessment, clinical application and expected outcomes for this evidence based practice. **Participants will be able to:** (1) Identify expected outcomes for children engaged in TF-CBT with properly trained clinicians, 2) Describe how TF-CBT assessment enhances the clinician’s awareness of the cultural needs of the child and family resulting in individualized treatment planning and delivery.

10 Autism: Start Here *Autism New Jersey: Amy Golden, MS, BCBA, Parent Services Coordinator, is a Board Certified Behavior Analyst with extensive experience as a behavior consultant in home and school programs; Suzanne Buchanan, PsyD, BCBA-D, Clinical Director, licensed psychologist and Board Certified Behavior Analyst-Doctoral advises public policy efforts from a clinical perspective; with Mary Beth Walsh, PhD, Peer Counselor, Mom2Mom* The large and growing population of individuals with autism requires that improved awareness and support services for families be readily accessible within the community. Learn essential information about current and proposed diagnostic criteria for autism, evidence-based interventions, and how to help families navigate service delivery systems. **Participants will be able to:** (1) Differentiate between current and proposed diagnostic criteria for autism, 2) Identify six essential elements of evidence-based interventions for youth with autism, 3) Discuss the impact of autism on individuals & families from different cultures across the lifespan.

———— Please see next page for additional afternoon workshops ————

Afternoon Workshops

(continued from previous page)

2:00pm
until
3:30pm

11 Trauma-Informed Positive Behavioral Supports Milieu Treatment with Developmentally Disabled and/or Emotionally Disturbed Youth *April Lomax-Oliver, Licensed Clinical Psychologist, State Director of Clinical Services, Devereux New Jersey, has 20+ years in the mental health field as a clinician and administrator supporting youth and families with histories of trauma.*

Learn about interpersonal, clinical and environmental components of working with emotionally disturbed and/or developmentally delayed youth who present with an experience of trauma exposure. Case examples will demonstrate how youth use behavior to cope with their traumatic experience and how these coping mechanisms become behavioral challenges. **Participants will be able to:** (1) Describe five behavioral or emotional symptoms of trauma expressed in emotionally disturbed or developmentally disabled youth across race and cultures, (2) Describe five positive behavioral interventions for treating or engaging emotionally disturbed or developmentally disabled youth with a history of traumatic experiences.

12 Triple Jeopardy or Triple Threat? *FSO Alliance Youth/Young Adult Panel with direct experience of all DCF Divisions: Carlos Garcia, Tessa Cayce, Shavonne Lindo, Joseph Rosario, Ebony Saxton*

Do youth “grow out” of being gay? Do I think differently about gay men than I do lesbian women? How do some youth experience the Latino and African American communities’ views of homosexuality? Increase your understanding of LGBTQI2-S youth community, data resources, stigma, and specific strategies to support LGBTQI2-S youth of color.

13 Talking the Talk and Walking the Walk: Practicing Best Practice with Students with Serious Emotional Disability *Evelyn Orozco, PhD, Licensed Clinical Psychologist, Clinician Administrator, Newark Child Unit, UMDNJ-University Behavioral HealthCare; Joseph A. Bresnhan, PsyD, Certified School Psychologist, Clinical Coordinator, Newark Public Schools*

A unique collaboration between the Newark Public Schools and UMDNJ-University Behavioral HealthCare provides therapeutic and educational services to youth presenting with severe behavioral and/or mental illness. Learn how this collaboration enables struggling youth to remain in district and receive intensive therapeutic services that engage the family and educators in the process, with positive educational and therapeutic outcomes.

14 Journey to a Meaningful Life in the Community *Family Support Organization of Essex County: Sharon V. Webber, Family Partner; Helen Danto, Social Worker, Pediatric Child Psychiatry Consultation Pilot Project; Lossie Smalls-Webb, Family Partner*

For people with a developmental disability, like their typical peers, the journey to adult life involves multiple transitions. Explore important milestones, tools and strategies youth, parents and professionals can use to create a roadmap for a meaningful life in the community.

\$50 CONFERENCE FEE INCLUDES CONTINENTAL BREAKFAST, LUNCH, & PROFESSIONAL CONTACT HOURS

- To request registration, go to: www.nj.gov/dcf/about/divisions/dcsc
- Click on the link for conference registration.
- Confirmations will be made on space available basis following receipt of payment.
- No refunds will be issued. If you are unable to attend you may send someone in your place. Advance written notice of substitutions is requested.
- For questions regarding registration or to discuss possible provisions for any special physical or dietary needs, contact Dr. Kathleen Finnerty at 732-235-9346.

Professional Contact Hours

Please Note – to receive documentation for continuing education, all participants must: arrive on time, sign in before the keynote address and each workshop, be present for the entire session, sign out after the keynote address and each workshop, and submit completed evaluation forms and a certificate request at the end of the program. Partial credits will not be issued to participants arriving late or leaving early.

Licensed Social Workers: University Behavioral HealthCare of the University of Medicine & Dentistry of New Jersey, provider #1173, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program from August 10, 2012 to August 10, 2015. University Behavioral HealthCare of the University of Medicine & Dentistry of New Jersey maintains responsibility for the program. ASWB credits are accepted by the New Jersey State Board of Social Workers. Others can go to www.aswb.org to find the jurisdictions currently accepting ASWB-approved CE courses. Licensed social workers participating in this course will receive 4 continuing education clock hours. Targeted social work practice level: Beginning.

NOTE: Social Workers must provide their SW license/certification/registration number and license jurisdiction on the sign in sheets and request for certificate. Please bring this information with you.

Certified Counselors: University Behavioral HealthCare (UBHC) is an NBCC Approved Continuing Education Provider (ACEP™) and a co-sponsor of this event/program. UBHC may award NBCC approved clock hours for events of programs that meet NBCC requirements. The ACEP maintains responsibility for the content of this event. (4 Clock Hours) Approval number 6198.

Please contact Sharon Eaton at 732-235-9282 with any questions or concerns regarding continuing education documentation for this training.

NOTE: Workshops number 2, 12, 13 and 14 are not offering professional contact hours.

Directions. The National Conference Center at the Holiday Inn of East Windsor New Jersey is conveniently located midway between New York and Philadelphia, just off Exit 8 of the NJ Turnpike. For maps and door-to-door driving directions <http://nccmeetings-px.rtrk.com/directions.html>

From the West: Rte 571 East (Princeton Hightstown Rd) into Hightstown. Turn left at the light (Theo's), pass through the next light and take the first right onto Monmouth St. The hotel is one mile ahead on the left.

From the East: Take Garden State Parkway exit 129 and follow the NJ Turnpike South to Exit 8. Bear right after the toll towards Freehold/Twin Rivers (Rte 33 East). Turn left at the first traffic light onto Woodside Ave. The hotel is straight ahead.

From Central/Southern NJ: From Rte 206 or Rte 295, pick up Rte 130 North. Take Rte 130 to Rte 33 East into Hightstown. Pass through two lights, then take the first right onto Monmouth St. The hotel is one mile ahead on the left.

From New York City: Take the George Washington Bridge, Lincoln Tunnel or Holland Tunnel to NJ Turnpike South to Exit 8. Bear right after the toll towards Freehold/Twin Rivers (Rte 33 East). Turn left at the first traffic light onto Woodside Ave. The hotel is straight ahead.

From the Philadelphia area: See above for directions from the NJ Turnpike Exit 8, or take Rte 95/295 to Rte 130 North to Rte 33 East into Hightstown. Pass through two lights, then take the first right onto Monmouth St. The hotel is one mile ahead on the left.